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OH, JUNO YOU'RE READY

Serena Ryder receives her Juno for adult alternative album of the year during the 2013 Juno Awards in Regina last year. Metro's Juno Awards coverage begins today and runs all week. For more, see pages 20-21.

LIAM RICHARDS/THE CANADIAN PRESS

Does vacancy management include pipe-thawing staff?

Coun. Paula Havixbeck says a council seminar is needed on FTE report in case Winnipeg has 'this problem next year'

Quoted

"Water and waste is in there with vacancy management — should they be in there given the kind of year that we've had?"

Coun. Paula Havixbeck



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city councillor is on a quest to find out how many and what kind of water and waste and public works positions are being left vacant to save the city money.

Coun. Paula Havixbeck said last Wednesday's executive policy committee meeting to review the full-time equivalent (FTE) complement report only provided "vague answers" to her concerns.

"I think there should have been a council seminar, it was quite a comprehensive report," said Havixbeck, adding that she plans to ask for a meeting with Linda Burch, the city's director of corpor-

ate support services.

"Water and waste is in there with vacancy management — should they be in there given the kind of year that we've had? And what's that going to do to the whole FTE numbers for that department? It's a little bit misleading when it's using averages and hours and so forth, instead of pure positions."

In the report, the "vacancy management adjustment" is listed at -50.81 for public works and -46.50 for water and waste.

It also stated that this adjustment "is applied in the form of a negative budget and negative FTE reducing the resources the Department is approved to use to deliver Council policy, programs and services."

Havixbeck said more an-

swers are needed.

"We don't want any pipe-thawing people to be part of vacancy management, so if they are, I'd like to know who they are because if we have this problem next year, we need to have the staff available," she said, referring to the continuing frozen-pipes emergency.

Mike Davidson, president of the city's largest union, CUPE Local 500, backed Havixbeck's call for more details and said they've tried to get this information through Freedom of Information requests with no luck.

The city's 2014 budget includes \$14 million in the vacancy management program, in which positions are kept open for an unspecified amount of time as a way to save money.

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Alert issued for phone scam that threatens deportation

'Overdue taxes.'

Scammer had personal knowledge of victim, Winnipeg man says



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A member of Winnipeg's Indo-Canadian community is warning people not to fall for an aggressive telephone scam threatening deportation.

Purna Satpathy said a friend contacted him on Thursday crying because a man claiming to be a representative of the Canada Revenue Agency (CRA) told her she had to pay \$4,000 in "overdue taxes" or she and her son would be deported.

"It's a disaster; it was quite shocking," said Satpathy, who immigrated to Canada seven years ago.

Satpathy said the scammer knew his friend's husband was in India and threatened that he would not be allowed to come back to Winnipeg if she didn't pay, which caused her great distress.

Police response

A Winnipeg police spokesperson said they are aware of several scams, including the emergency or grandparent scam, during which the caller pretends to be a family member in need.

- The spokesperson said this was the reason police again issued an advisory on March 12 asking those who receive such a call to make note of the number and at the end of the call activate a trace by using *57 on the land line, then contact police.

The man on the phone warned the victim not to hang up and told her to go to a Home Depot or Safeway, purchase pre-paid Visa cards and give him the information for the cards.

Satpathy said his friend was following the man's instructions when the cellphone cut out, so she called Satpathy to tell him what had happened. He immediately went to meet her at the store when



Scammers are reportedly calling Winnipeggers on their cellphones, threatening deportation. BERNICE PONTANILLA/METRO

the scammer called again on the phone.

"I talked to that person — they were so arrogant, so arrogant, they used all the abusive language — and said they were going to deport me, too,"

added Satpathy, who took his friend to the police to file a report.

Satpathy said he reached out to Metro in order to prevent anyone else from falling for the scam.

"Be aware and don't panic. You are in Canada; you are not in any developing country," he said, referring to the fact that the CRA would give people a chance to defend themselves and not threaten deportation.

Premier defends high air-ambulance costs

Premier Greg Selinger says the STARS air-ambulance expenses highlighted by Manitoba's auditor general are due in part to demographics.

In her annual report Wednesday, Carol Bellringer said the government broke its own rules by not allowing other companies to bid on

the service. She also said Manitoba signed a deal with STARS even though its cost-per-mission would be up to 600 per cent more than in other provinces.

Selinger said the cost-per-mission is high because helicopters are used less in Manitoba than in the other

Prairie provinces. Part of the reason, he told a legislature committee Friday, is that most Manitobans live close to Winnipeg or other cities and can be transported by ground ambulance.

"People are close to the major population centres and can get to (hospital) services

more rapidly without it requiring a helicopter."

The premier also said the NDP government has funded 700 more ground paramedics since taking power in 1999, so the ground service can cover more areas.

The province signed a 10-year contract with STARS

worth \$100 million. Most of the service's costs are fixed because equipment and health professionals are always on standby.

STARS flew 177 missions in Manitoba last year, compared with 821 in Saskatchewan and almost 1,700 in Alberta. **THE CANADIAN PRESS**

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Mike Vogiatzakis, left, stands with Sal Marra and the Pellet Patch machine following Friday's press conference at the Thunderbird Restaurant on McPhillips Street. BERNICE PONTANILLA/METRO

Local funeral director launches bid to be mayor

Experience. Mike Vogiatzakis said the last 15 years he's worked as a funeral director have changed him for the better

Winnipeg's newest mayoral candidate believes his pothole-patching plan is the key to cementing his political aspirations.

"You can be assured that I'm going to be a cost-efficient guy, there's not any money that's going to go to waste," said Mike Vogiatzakis, owner of Voyage Funeral Home in Elmwood, during a press conference at the Thunderbird Restaurant on

McPhillips Street on Friday.

"It's taxpayers' money and we should be accountable for what we're doing at city hall, so when I get in there and I see how much money we have and what we can do with it, be assured that we'll find a solution that's going to be efficient, that's going to fix roads and that'll be a permanent fix."

Vogiatzakis introduced Sal Marra, the director of sales for New Jersey's Pellet Patch, a hot mix asphalt machine that sits on a trailer.

Marra gave a demonstration of the unit, first by adding the pellets to the heated tank, which after a few minutes delivered the hot asphalt.

That mixture was carted by wheelbarrow and shovelled into the pothole. It was then

raked and flattened into place using a vibratory roller.

"That's another thing with our product, it cures fast so you don't have long lane closures," said Marra, who had a truck drive over the patch about 10 minutes after it was set.

"Right now (the city is) putting cold asphalt in the ground, cold asphalt lasts an hour, two hours, two days, it's not a permanent (solution), they're going out filling those potholes over and over and over again," added Vogiatzakis, who was asked about a legal battle he had in the past with Manitoba Public Insurance.

"I think we should be talking about my future, what I'm doing for Winnipeg right now, how I'm going to change things." BERNICE PONTANILLA/METRO

Sales tax hike analyzed before election: Premier

The Manitoba government ran the numbers on a sales tax increase before the 2011 election — a campaign in which it promised not to raise the PST — but did not seriously consider it, Premier Greg Selinger said Friday.

"It's standard practice for finance officials to look at a variety of scenarios every year," Selinger said.

"Officials always put forward scenarios. Usually they are batted down, which they were in this case."

Selinger was responding to newly released Finance Department documents, obtained by the Opposition Progressive Conservatives under freedom-of-information legislation, that show there were analyses done on a possible sales tax hike in 2008, 2009 and 2010.

Selinger said finance officials weigh in on all sorts of taxes and levies, primarily to analyze how much money might be raised, and give the numbers to the finance minis-

Sales-tax conundrum

Tories pounce on Selinger

The Tories say the documents prove Premier Greg Selinger was lying on the campaign trail in 2011, when he denied Tory accusations that he was planning a sales tax hike. Eighteen months later, in the 2013

budget, the government raised the sales tax to eight per cent from seven.

"They were discussing it. There is clear evidence that they were," Tory Leader Brian Pallister said.

"They went ahead to the people of Manitoba and said it was nonsense to suggest that they would raise (the tax) and then they raised it."

THE CANADIAN PRESS

ter of the day. But NDP finance ministers never brought the idea of a sales tax hike to cabinet until 2013, he added.

Even in 2013, it was weeks before the budget that the province decided a tax increase was needed to help pay for flood repairs, Selinger said.

"We saw a major priority needed for infrastructure investment in Manitoba, and

that was part of the decision-making."

The NDP's popularity has plummeted since the tax went up, according to opinion polls. Selinger said there are no plans to raise the tax further.

"I think it's pretty clear that people do not want to see any more increases in the sales tax."

THE CANADIAN PRESS

Resolution

Manitoba urges Ottawa to create program for military drivers' licence

Members of the Manitoba legislature have unanimously passed a resolution calling for the creation of a national driver's licence program for military members.

Under existing law, military personnel are required to get a personal drivers' licence for the province where they reside.

Reg Helwer, a Conservative member of the legisla-

Quoted

"Military personnel make many sacrifices in the defence of our country and this is one way we can give something back and thank them for their service."

Reg Helwer, a Conservative member of the legislature for Brandon West

ture for Brandon West, says this causes significant challenges for military personnel who are posted to bases in other provinces on a regular basis.

Helwer sponsored the

resolution.

The resolution urges the provincial government to work with other provincial governments, the federal government and the Department of National Defence to adopt the new licence program.

The Conservatives say this would assist more than 5,300 regular and reserve military personnel in Manitoba as they move from one posting to another elsewhere in Canada.

"Military personnel make many sacrifices in the defence of our country and this is one way we can give something back and thank them for their service," Helwer said. THE CANADIAN PRESS

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Moccasin tops a memorial for native women

Walking With Our Sisters. Art exhibit pays tribute to 100s of aboriginal women reported missing or murdered in last 20 years

Some of the beadwork is simple: Flowers or a bear's paw, the words "love" and "hope" scrawled by a child's hand.

Some is more intricate: A picture of an aboriginal woman, yellow embroidered police tape scrolling down the bottom, or half a woman's face with a label saying, "Hello My Name Is: Who Cares."

They are just some of the 1,726 pairs of moccasin tops that make up "Walking With Our Sisters," a travelling art exhibit to pay tribute to hundreds of aboriginal women who have been reported missing or murdered over the last 20 years.

"They are just the tops so they are intentionally not sewn into the moccasins to reflect the unfinished lives of the women, and the loss of potential, and the loss of the next generations that they would be a part of," said Métis artist Christi Belcourt, who put together the exhibit.

Belcourt came up with the idea after repeatedly seeing posters of missing girls and women made her feel helpless. She put a request out for donations of moccasin tops, or vamps, on social media and was amazed by the response.



A pair of moccasins tops are pictured in a handout photo from the Walking With Our Sisters exhibit. The pieces were created to honour missing and murdered native women. THE CANADIAN PRESS/CONTRIBUTED

"It turned out a great number of people feel exactly the same way I do," she said Friday as the exhibit opened in Winnipeg at the start of a seven-year tour of North America. "I was getting 100 packages a day from the post office and it was very overwhelming."

Erin Konsmo, youth coordinator for the exhibit, said people continue to contribute moccasin tops as the exhibit travels — a sign the issue continues to resonate with aboriginal communities across the country.

"We are still losing our sisters from our communities. We're losing mothers, aunts, grandmothers, babies as well," Konsmo said. "This isn't just

National inquiry?

- The definitive number isn't known, but the Native Women's Association of Canada estimated in 2010 that 582 aboriginal women had been reported missing or murdered across Canada. More recent research puts that total at 824.
- Although many have called for a national inquiry, the federal government has rejected the idea.

a memorial for an issue that has stopped. It's one that continues." THE CANADIAN PRESS

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Data shows possible flight debris in same search zone

Malaysia Airlines.

French images show 'potential objects' in area previously flagged by Australia, China

France provided new satellite data Sunday showing possible debris from the missing Malaysia Airlines jet, as searchers combing a remote part of the southern Indian Ocean tried without success to locate a pallet that could be a key clue in solving one of the world's biggest aviation mysteries.

The new information given to Malaysia's government and forwarded to searchers in Australia shows "potential objects" in the same part of the ocean where satellite images previously released by Australia and China showed objects that could be debris from the plane, Malaysia's Ministry of Transport said in a statement without providing further details.

Flight 370 went missing over the Gulf of Thailand on March 8 with 239 people aboard en route from Kuala Lumpur, Malaysia, to Beijing, setting off a multinational search effort that has turned up nothing conclusive so far on what happened to the jet.

Sunday's search was frustrating because "there was



Cyclists hold a banner as they take a moment of silence during the Ride of Prayer for missing Malaysia Airlines flight MH370 outside the departure hall of Kuala Lumpur International Airport in Sepang, Malaysia, Sunday. JOSHUA PAUL/THE ASSOCIATED PRESS

cloud down to the surface and at times we were completely enclosed by cloud," Royal Australian Air Force Flight Lt. Russell Adams told reporters. He said nothing of interest to searchers was found.

Details on the French data were not immediately released. The statement from Malaysia called the information "new satellite images," while a statement from France's Foreign Ministry said "radar echoes taken by a

Pallet problem

The new information emerged as authorities co-ordinating the search sent planes and a ship to try to "re-find" a wooden pallet that appeared to be surrounded by straps of varying lengths and colours.

- It was spotted Saturday by spotters in a search plane, but no images were captured of it and a military plane dispatched to locate the pallet could not find it.

satellite" had located floating debris but made no mention

of imagery.

The Australian Maritime

Safety Authority, which is leading the search in waters off Australia, declined to offer details about the information from France. But a Malaysian official involved in the search mission said the French data consisted of radar echoes captured Friday and converted into fuzzy images that located objects about 930 kilometres north of the spots where the objects in the images released by Australia and China were located. **THE ASSOCIATED PRESS**

Ukraine

President calls for release of 'abducted' commander

A Ukrainian air force commander is being held after his base in Crimea was stormed by pro-Russian forces, and the acting president called for his release Sunday.

Col. Yuliy Mamchur is the commander of the Belbek Air Force base near Sevastopol, which was taken over Saturday by forces who sent armoured personnel carriers smashing through the base's walls and fired shots and stun grenades. One Ukrainian serviceman was reported wounded in the clash.

It was unclear if the forces, who didn't bear insignia, were Russian military or local pro-Russian militia.

Ukraine President Oleksandr Turchynov, in a statement, said Mamchur was "abducted" by the forces. He didn't specify where Mamchur is believed to be held.

However, prominent politician Vitali Klitschko said Sunday that Mamchur is being held by the Russian military in a jail in Sevastopol, the Crimean city that is the base of Russia's Black Sea Fleet.

Russia formally annexed Crimea last week, a move that Western countries say is illegitimate. **THE ASSOCIATED PRESS**

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Russia. Avalanche kills two women skiing at site used for Sochi Games

An avalanche killed two skiers on Sunday at the Russian mountain resort used for the Sochi Olympics. The resort had just reopened to the public on Saturday.

Six skiers were on the middle section of Labirint run when the avalanche struck, Roza Khutor said in a statement. The snow buried two women, and rescuers who dug them out were unable to save them, it said, while the four other skiers escaped unharmed. Rossiya television

Newly opened to public

Roza Khutor was the site of the alpine skiing competitions during the Winter Games in February and the Paralympics that followed. The resort reopened to the public on Saturday.

reported earlier that three people were killed. Officials were working to determine the cause. **THE ASSOCIATED PRESS**

Turkey

Getting tough with Twitter

Turkish Prime Minister Recep Tayyip Erdogan has confirmed that he gave the orders to shut down Twitter in Turkey.

At a campaign event in Istanbul Sunday ahead of March 30 municipal elec-

tions, Erdogan said he had given the order because Twitter was not obeying Turkey's laws. Erdogan said Twitter was applying double standards, shutting down accounts when the U.S. or the U.K. demand it, but defending freedom when Turkey, Ukraine or Egypt have concerns. "This isn't a banana republic!" he said.

THE ASSOCIATED PRESS

Many unaccounted for in deadly U.S. mudslide

Washington State.

At least four are dead, another 18 missing in massive mudslide; debris brought down the Stillaguamish River

About 18 people are still unaccounted for after a massive mudslide in rural northwest Washington state killed at least four people and forced evacuations because of fears of flooding, authorities said Sunday.

Snohomish County Fire District 21 Chief Travis Hots said at a news briefing that "we suspect that people are out there, but it's far too dangerous to get responders out there on that mudflow."

Searchers in helicopters will be flying over the area of the 2.6-square-kilometre mudslide Sunday to find people who may have been



A fatal mudslide brought debris down the Stillaguamish River near Oso, Wash., Saturday. GENNA MARTIN/THE ASSOCIATED PRESS

able to get out on their own, as well as look for other signs of life. Authorities are trying to determine how to get responders on the ground safely, Hots said, describing mudflow as "like quicksand."

The big wall of mud and debris blocked about 1.6 kilometres of State Route 530 near the town of Oso, about 90 kilometres north of Seattle. It was reported about 18 metres deep in some areas.

Several, including an infant, were critically injured; about 30 houses were destroyed. The mud was so deep searchers turned back at one point, despite hearing voices asking for help. **THE ASSOCIATED PRESS**



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Canada

Criminologist to track trolls with language

Cyberbullies beware.

Western University's Mike Arntfield hopes to draw up a 'lexicon' of how trolls talk online



MIKE DONACHIE
Metro in London, Ont.

It's the crime of the future, but it's not against the law — yet.

Sometimes it seems like trolls are everywhere online, using bullying or shock tactics to try to get a reaction from people. But one criminologist thinks he can help stop them, and his plan is a global first.

Western University's Mike Arntfield has gained federal funding to study the trolls' language. He has research assistants collecting text samples from social media, with the eventual aim of drawing up a "lexicon" of the way trolls talk.

And, just like criminal pro-



Criminologist Mike Arntfield
METRO

filing allows experts to predict the behaviour of killers and other violent offenders, that lexicon could provide signposts that show when trolls are about to do something more sinister.

"I'm surprised to some extent that I'm the first scholar to study this using (social media posts)," said Arntfield, who is also studying the relationship between online

bullies and their victims. The reaction from victims can be a variable in how a bully behaves.

"It's all uncharted territory in studying cyberbullying," said Arntfield, who also leads the OWN TV show To Catch a Killer.

He says "lexical choices" could be tracked, then used as "linguistic clues" in predicting how a person behaves in future.

There may even be similarities between trolls who are otherwise from different age groups or places; Arntfield says it's possible there is an "online bullying creole" of recurring words in posts and screen names that can flag a troll.

But why study this, if it's not against the law? Because one day it might be, Arntfield explained. He predicted a time when legislation is drawn up to criminalize online bullying, which has already driven some people to suicide, and to do that it needs to be defined.



Four Paws for the cause

This photo, taken on March 12 and released by the animal-welfare organization Four Paws, shows manager of the bear sanctuary Afrim Mahmuti holding a six-week-old brown bear cub named Ema. The sanctuary is located in the Kosovo village of Mramor, where animal activists say three cubs have been rescued from captivity. They were found at two separate homes last week in the western town of Peja and are believed to be from the same mother. No arrests have been made. **FOUR PAWS/THE ASSOCIATED PRESS**

Lotto lull

Agencies want the lottery to go viral

Millennials aren't buying lottery tickets as much as their parents do, so provincial lottery agencies are trying to develop a new national lottery aimed at people under 35.

A spokeswoman for the Western Canada Lottery Corp. said "the kinds of games we're offering ... are not necessarily as appealing to today's younger adults."

THE CANADIAN PRESS

The Holy 'C'

Cocaine seized on its way to Vatican

The haul was unremarkable, but the destination raised eyebrows, as German officials intercepted a shipment of cocaine destined for the Vatican in January.

Officers at Leipzig airport found 340 grams packed into condoms inside a shipment of cushions coming from South America. **THE ASSOCIATED PRESS**

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PQ: 'We don't want this election stolen by people from Ontario'

Provincial politics.

Party's concerns have arisen after reports of non-francophones from outside Quebec trying to vote on April 7

The Parti Québécois says it's worried students from Ontario and the rest of Canada are trying to steal the provincial election.

The PQ called a news conference on Sunday morning in order to express concern about media reports of English-speakers and other non-francophones from outside of the province trying to vote in the April 7 election.

PQ candidate Bertrand St-Arnaud wants the province's chief electoral officer to examine attempts to register to vote.



Parti Québécois Leader Pauline Marois visits Sainte-Angèle-de-Prémont, Que., on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

"We don't want this election stolen by people from Ontario and the rest of Canada," St-Arnaud said.

Another PQ candidate, former student leader Leo Bureau-Blouin, added he wants to ensure the election is decided by Quebecers.

"We want to make sure that

it's Quebecers who choose their government and we want to make sure that the chief electoral officer takes the measures that are needed," he said.

"We are concerned by the fact that many, many people who are not registered on the list want to be registered."

THE CANADIAN PRESS

An advertisement for the Manitoba Society of Pharmacists. At the top, the logo features a stylized 'M' and 'S' in blue and green, followed by the text 'MANITOBA SOCIETY OF PHARMACISTS'. To the right, the slogan 'Your health. Your pharmacist.' is written in white and green. Below this is a photograph of a smiling pharmacist in a white coat interacting with an elderly couple. At the bottom, the text 'Manitoba pharmacists are your health and medication experts.' is displayed in green. Below that, a line of text reads 'Talk to your pharmacist and see what they can do for you today.' At the very bottom, there are three logos: the College of Pharmacists of Manitoba, the Medications Return Program, and the Manitoba Institute for Patient Safety.

A large advertisement for recycling. The background is a vibrant red with numerous water droplets. In the center, a woman's face is shown from the nose up, with her mouth open and a thin black straw inserted. Surrounding her face are various beverage containers: a glass bottle of cola, a blue plastic bottle, a silver can, a glass of iced cola, and a blue recycling bin. The bin has a yellow speech bubble with the text 'RECYCLE EVERYWHERE' and a small blue bird logo. Overlaid on the image in large, bold, white capital letters is the text 'IF IT'S UNMISTAKABLY ANY COLA'. At the bottom, there is a line of text and a slogan.

The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

Enjoy it. Recycle it.

The Far North turf war

Five countries lay claim to territory around the North Pole. Some of those claims conflict, while other countries, like China, want the Arctic to be deemed an international zone. So far, the Arctic has remained peaceful, but as countries scramble for resources, how long will that peace last?

DYLAN C. ROBERTSON

For Metro in Toronto

As polar ice melts away, rising temperatures are unlocking oil, trade routes and the potential for conflict in the Far North.

"It's the opening chapter of what's going to amount to be a very long story, and people are playing nice and working together — for now," says Robert Huebert, a University of Calgary professor and expert in circumpolar relations and defence policy.

Five countries claim territory around the North Pole: Canada, Russia, the United States (through Alaska), Norway and Denmark (through Greenland). Some claims conflict,

while other countries like China want the Arctic to be deemed an international zone.

Polar ice has been steadily decreasing as high temperatures lead to longer summer melts. The U.S. Navy published a study last December suggesting summers in the Arctic could be ice-free as early as 2016, with regular shipping routes expected by 2030.

Meanwhile, 13 per cent of the world's undiscovered oil and a third of its untapped natural gas lies in the Arctic, according to the U.S. Geological Survey.

That leaves countries scrambling for re-

sources and trade routes. Canada recently asserted a claim over the North Pole, following Russia and Denmark. The Arctic has remained peaceful, with each state respecting United Nations rules on international waters.

But co-operation broke down this month. Canada, the U.S. and Norway cancelled joint military operations with Russia following the country's invasion of Ukraine.

"This is going to cause a pushback on the side of the Russians, in the Arctic region specifically," Huebert says. "It contains two of the most powerful states in the international

system that are increasingly having different interests."

Huebert noted that Russia's involvement in Crimea was partially a response to the Western military alliance NATO seeking closer ties with Ukraine. All other Arctic countries are NATO members. Huebert says further NATO expansion could lead to a Russian pushback, and Canada is not well equipped.

"As the Arctic is more and more integrated, you're going to see other events spilling into it."

Canada



Canada has a small Arctic military presence, with a training centre opened last year that only holds 150 soldiers. A Nunavut military base was announced in 2007, but construction has yet to start. "Canada's very good at plans, but not so much at execution," says Huebert.

The UN has led a decade-long process for countries to extend their borders over parts of the frozen Arctic if they can prove that seabed ridges extend from their mainland.

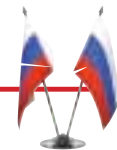
Last December, Canada was about to submit its claim when Prime Minister Stephen Harper asked researchers to include the North Pole. Experts aren't sure why the original claim didn't include the pole, which lies near a large oil patch.

The next day, Russian President Vladimir Putin announced his country would expand its already large military presence.

Michael Byers, an Arctic expert and professor at the University of British Columbia, says Canadians have little to worry about.

"There is no immediate reason for concern, and no reason to change Canadian Arctic policy — which focuses heavily on co-operation."

Russia



Russia has claimed a large portion of the Arctic, including the North Pole. The government expects the Arctic to be Russia's primary resource base by 2020.

"We see the Russians moving very strongly on supporting and increasing their claim to the Arctic," Huebert says. "They're the ones who put the most money into revitalizing their military capabilities."

Russia has 10 military bases along the Northern Sea Route, a government-charted trade route spanning Russia's entire north. The country has modernized its submarine fleets, built new icebreakers and is considering a separate military branch solely for protecting the Arctic.

"Western countries are doing something to improve their military capabilities, but it's not on the same scale as what the Russians are doing," he says.

Huebert says that Russia will probably act belligerently toward other countries, such as by flying planes into other countries' airspaces, but would likely not invade other countries.

"You won't see direct military action per se, unless something really goes bad somewhere else," he says.

Denmark



Denmark is claiming an area that includes the North Pole. It also claims islands that Canada has previously claimed.

In 2005, Denmark occupied Hans Island, an unpopulated island on the border of both countries. Most analysts interpret this as a test of how well Canada defends its claims.

Greenland remains an autonomous part of Denmark that receives billions from Copenhagen each year. Danish governments have said that Greenland's independence hinges on it becoming economically self-sufficient.

In 2010, a large oil patch was found near the Canadian border in an area previously covered by ice. Denmark has since increased its military presence in the area, with regular coast guard and air patrols.

The largest estimated Arctic oil deposit lies just east of Greenland, near Iceland. "The Danes are wondering if they can get any of this oil lying offshore," says Huebert. "They're also looking at how China's ingratiated itself with Greenland and Iceland." The Chinese government has invested in mining and oil exploration in both countries.

Others

- Norway has made a claim to an area also claimed by Russia, which includes some oil reserves.

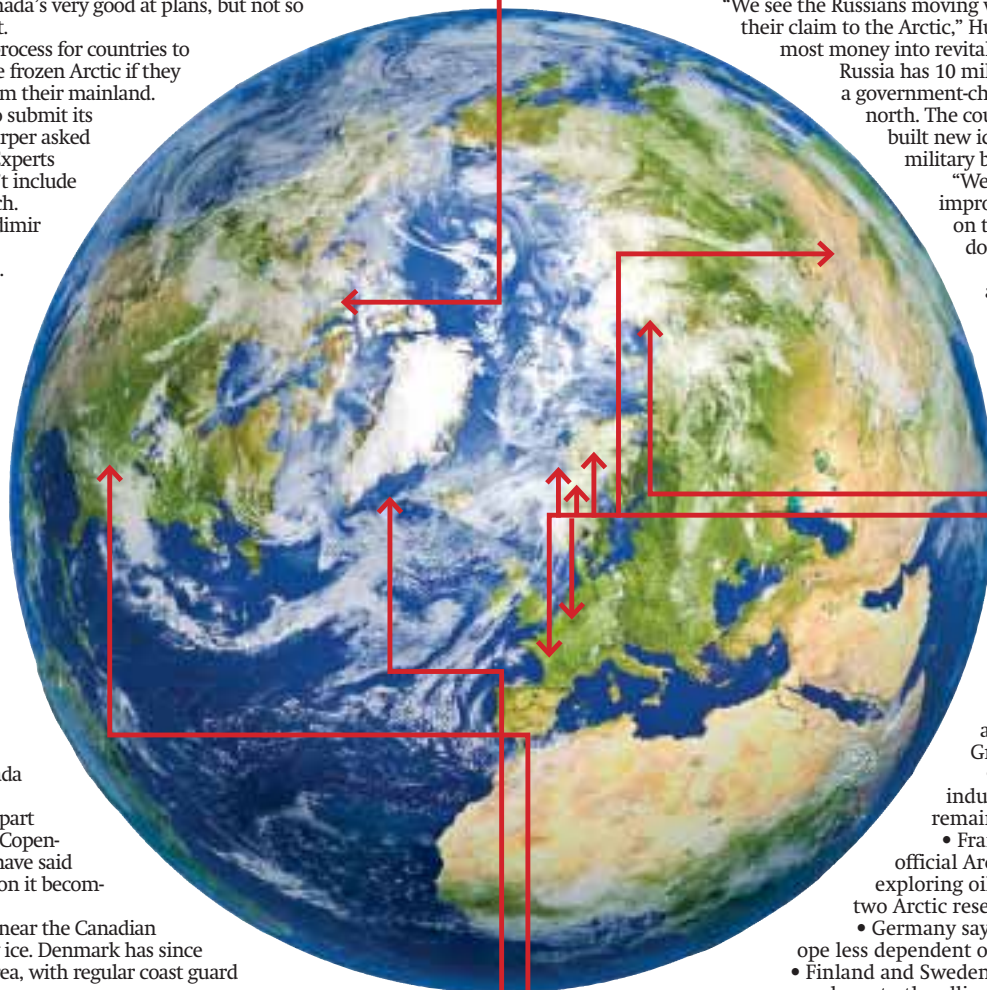
- The United States hasn't made any territory claims. The U.S. wants the Northwest Passage to be an international trade route. It has a military base in Greenland and a large submarine fleet.

- China has invested heavily in Arctic industry projects and wants the zone to remain neutral.

- France is the only non-Arctic state with an official Arctic ambassador. French companies are exploring oil projects in the Arctic, and France runs two Arctic research bases.

- Germany says an Arctic trade route could make Europe less dependent on Russian gas.

- Finland and Sweden are not part of NATO; Huebert says they may move closer to the alliance if Russia further invades Ukraine. This would further encircle Russia and likely provoke military action.





The circle of life

A cow cleans her newborn calf on the O'Connor Ranch near Philip, S.D., last week. Rancher Chuck O'Connor brought in about 200 females to rebuild his herd, which suffered losses in an unexpected blizzard last fall. The two-day October storm, which first brought rain and then dumped up to four feet of snow in some places, killed more than 40,000 cattle, sheep and horses. With the new cows and the arrival of the spring calving season, O'Connor estimates his herd will grow to around 500 in May. **TOBY BRUSSEAU/THE ASSOCIATED PRESS**

Have a strong tummy?

Then invest in social media. Betting on trendy stocks from Twitter to Facebook is not for the faint of heart



HOW TO ROLL
Alison Griffiths
metronews.ca

The share price of Groupon, the coupon website, is plummeting. Oops, no it isn't. Wait a minute, yes it is! Groupon (GRPN) share prices dropped 75 per cent in 2012, gained 129 per cent in 2013, and have lost 26 per cent so far this year. That wild stock price ride pretty

much sums up the experience of investing in social media. In a word, exciting — but not always in a good way.

Social media is one of the trickiest sectors for investors. Most measures for evaluating stocks, such as the price-to-earnings (P/E) ratio, are useless when applied to these Internet-focused companies.

And social media stocks are anything but lemming-like. In fact, at any given time there can be tremendous divergence in stock price direction with some heading north and others heading south, regardless of what's going on in the economy.

Also, the social media universe isn't just out-there tech stocks. Facebook has recently been added to the S&P 100 and 500 indices, signalling the ma-

turing of the sector.

It can be fun to take a flyer at social media IPO's. Those who jumped into Twitter back in November saw the stock soar from the \$26 US offering to over \$54 US in just three months. But a safer option is to buy an entire index of social media stocks.

The Global X Social Media Index ETF (SOCL on NASDAQ) tracks the 27 stocks that make up the Solactive Social Media Index, which has recently traded in the \$27 US-a-share range. All the major names are there, from Twitter and Facebook to Angie's List, Xing and Zynga. With a management fee of .65 per cent, the cost is higher than most other ETFs but still far lower than an equivalent mutual fund.

Social media investing rules

- 1 Limit exposure to a small percentage of your portfolio.
- 2 If the loonie strengthens, it can wipe out price gains. If it falls, the reverse is true.
- 3 Don't double-dip by purchasing mutual funds or other ETFs that hold some of the same stocks.

The downside to this ETF is that you won't get any of the micro or small companies that may well become tomorrow's Twitter. So far there isn't an ETF for this group, many of which aren't yet listed on NASDAQ.

Report. Canada's border guards waiving fees for cross-border shoppers

Canada's border guards routinely waive taxes and duties on goods bought by travellers in the U.S., says a briefing note for the prime minister.

The acknowledgment supports the suspicions of retailers that the Canada Border Services Agency is too lenient with cross-border shoppers, costing the economy millions of dollars in domestic sales.

THE CANADIAN PRESS



Canadian border guards in Surrey, B.C., in 2009. **THE CANADIAN PRESS FILE**

Ashley Madison. Adultery website countersues ex-staffer

A dating website for married people seeking affairs has slapped an ex-employee with a countersuit after she accused the company of making her type up hundreds of fake profiles of sexy women.

Ashley Madison is countersuing Dorian Silva on allegations she kept confidential documents, including copies of her "work product and training materials."

The countersuit is filed by

Ashley Madison's parent company, Avid Life Media, and seeks to recover the documents as well as \$100,000 in damages plus legal costs.

In her statement of defence, Silva says she held on to copies of the fake profiles she created and documents "related to the creation" of those profiles, but denies they are the property of her former employer.

THE CANADIAN PRESS



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News worth sharing.

PAINT IT AND THEY WILL COME

Could a can of paint answer the decades-old question of whether we should reopen Portage and Main to pedestrians?

It could if the Downtown BIZ gets its way, and city he— gets over its fear of change.

The BIZ wants to run a pilot project that would open up Portage and Main on a temporary basis to measure the impact on traffic and retail sales at Winnipeg Square.

The barriers would come out, signage would go up, and paint would go down to ensure pedestrians know where they should be going.

The proposal follows in the footsteps of several other “paint it and they will come” pilots in other cities.

When New York City was considering whether to close Times Square to cars, it decided the best option was to just give it a try. Orange barrels went up to block traffic, paint marked the boundaries of the new public square, and city of-



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

officials went to a hardware store to buy lawn furniture. The experiment was ultimately so successful that it was made permanent, with new barricades, paving stones and proper street furniture in place of the temporary measures.

When Calgary and Vancouver wanted to know what impact downtown bike lanes would have on commuting, they cracked open the paint cans. Single lanes on downtown streets were turned into bikeways with on-street markings and temporary barricades. Both cities are now looking to add bike lanes to more downtown streets.

And when New York and Chicago were interested in launching bus rapid transit services, they started with pilot projects. Lanes of existing streets were painted over to mark them as bus-only, and small investments were made to create “stations” along each route. Quicker buses and more riders have proven the case for fu-

ture large-scale BRT investment.

Yes, there were initial complaints about all these projects. But once the noise died down, city staff were able to make objective evaluations about whether or not they worked.

New York, Calgary, Vancouver and Chicago are all much larger cities than Winnipeg, with way more cars, bikes and pedestrians. Yet they’re able to make these experiments work because city officials had the stomach to ride out the initial wave of naysayers.

So what could we experiment with here? Opening Portage and Main is certainly one option. Or maybe convert a lane of a downtown street (York, St. Mary’s, Edmonton, Fort) into a two-way bike lane, turn parts of Pembina into diamond lanes, or transform a downtown parking lot into a new public plaza.

If the pilot projects work, then build on their success. If they don’t, head back to the drawing board.

With a bit of paint and some imagination, we could potentially bring a lot more people and life to our streets. Maybe it’s time for city council to grab a brush and start experimenting.

ZOOM

Motor City’s recovering



CARLOS OSORIO/THE ASSOCIATED PRESS

Efforts focused on city’s youth

Javon Jones, centre, performs with other members of the Mosaic Youth Theater in Detroit. Several privately run youth organizations provide an array of extracurricular options for high school kids. Roughly 165 young people engage in Mosaic’s main programs each year — most

from low- and moderate-income Detroit families.

Teachers and parents are fighting to do right by the children, and many believe Detroit is finally on the rise after hitting bottom. Yet they worry about the toll of growing up amid danger, dysfunction and the blight epitomized by tens of thousands of abandoned homes.

THE ASSOCIATED PRESS

Post-bankruptcy

“This is what we’re ingraining into kids’ psyches — this emptiness, the lack of safety.... They’re going into school with a level of fear that something bad is going to happen.”

Tonya Allen, CEO of the Skillman Foundation, which backs child-oriented initiatives.

Adding it all up

88

Eighty-eight vacant school buildings are for sale — some of the 200 schools closed in recent years due to depopulation. High levels of gang violence and premature births combine to make the youth mortality rate the worst of any major U.S. city, according to a recent analysis by the Detroit News. Most of the city’s 300 parks are unusable, overgrown wastelands.

Clickbait



LUKE SIMCOE
Metro Online

Twitter celebrated its eighth birthday last week by opening its vaults and letting users rediscover their first tweet. The results ranged from bland to hilarious, but taken in aggregate they illustrated how people were unsure just what Twitter was, or even how to use it, when it launched. If you haven’t already, here’s how you can view your first tweet, and a few other services that let you play around with your Twitter data.



CONTRIBUTED

Discover:

Discover your inaugural tweet — and everyone else’s — at discover.twitter.com/first-tweet.

Tweet Cloud:

Lets you generate a word cloud of your own tweets. Just don’t be surprised when “lunch” looms large in the

cloud.tweetcloud.icodeforlove.com.

Tweetails:

Offers fun, free analysis of your Twitter account, including most mentioned users, favourite words and even a so-called “intelligence rating.” tweetails.com.

Twitter



lin”

@metropicks tweeted: Twitter turned eight last week. Find out what your first tweet was, share it with us and we’ll print it!

@PlainSJ: Ha! I didn’t even know what twitter was when I joined back in ‘07, but I had it pegged! “@PlainSJ: Wasting time...”

@KellyOlivePR: #FirstTweet was 5 days after moving to Toronto! “@KellyOlivePR: @ work...and loving being in Toronto”

@MattProsser: “@MattProsser: Chil-

@Harl3yQ: I found this #FirstTweet: @Harl3yQ: Which side of the toaster oven should the keurig go on #first-worldproblems”

@FrenchmanCanada: And @strombo replied. In English AND in French. “@FrenchmanCanada: @strombo when I moved to Canada 3yrs ago you immediately became my favorite Canadian, so my #1sttweet is for you!”

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Ebooks



F This Test

By. Richard Benson

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

If you can't give your teacher the right answer, at least make them laugh. This collection of high school howlers compiled by Summersdale Publishers (under the pseudonym Richard Benson) captures the feel of a school workbook with doodles, lined paper, and hand-written, wisecracking answers. Most are silly, some are hilarious, and there are a few math equations that are downright clever

Box office

Teen sci-fi flick
Divergent beats out
Muppets sequel

The teen science-fiction franchise Divergent debuted with \$56 million US at the weekend box office in one of the year's biggest openings, but didn't reach the heights of Lionsgate's other teen franchise, The Hunger Games, which debuted with \$152.5 million in 2012. Disney's Muppets sequel Muppets Most Wanted fared poorly, earning \$16.5 million over the weekend.

THE ASSOCIATED PRESS

Lost star takes danger in stride in adventure series

Born to be wild.

Dominic Monaghan has had some close calls while filming the world's most dangerous creatures



Dominic Monaghan searches out the weirdest and wildest animals he can find on his nature series. CONTRIBUTED

In the second season of Wild Things with Dominic Monaghan, it becomes abundantly clear why the show's motto is "the wilder the better." The show kicks off Tuesday with startling footage of a disoriented elephant that suddenly charges toward the show's hapless cameraman.

Monaghan says the terrifying encounter occurred after he and his crew had watched a veterinarian conduct emergency surgery on the massive beast. Moments after the doc administered an antidote to reverse the anesthetic, all hell broke loose.

"What we all assumed as a film crew was that the elephant was going to get up and give us a gentle nod in our direction and say 'Thank you,' and walk off into the African sunset," Monaghan said in a recent interview in Toronto.

"But instead it woke up and was confused and didn't know what had happened and saw a bunch of humans standing around it. And the closest person to the elephant was Frank, our cameraman — he had a big camera on his shoulder so he was very conspicuous — and the elephant tried to kill him."

Such is life in the wild.

Looking back now, it's clear Monaghan and even his seasoned Kenyan guides underestimated the peril they were in.

As everyone made a beeline

for the cars, Monaghan says he and his crew were too late.

"They just drove off. They left us," he says, able to make light of the situation now.

"When (Frank) saw the cars drive off he was like, 'Oh no,' and then his balance went and then he fell over. But it worked for me because I thought, 'Well, if Frank fell over that means that I'll be OK because he's much slower than I am.'"

Luckily, their medic jumped in to distract the elephant, which eventually lost interest and wandered off. No one was hurt, says Monaghan.

The elephant tale isn't even the focus of the Season 2

premiere, which begins with Monaghan intent on finding the aggressive giant spitting cobra.

Other episodes see The Lord of the Rings actor head to Brazil, Zambia, Thailand, Japan, New Zealand and Australia to get a good look at creatures including carnivorous ghost bats, the world's longest-fanged snake and a deep sea creature considered one of the ocean's most poisonous predators.

And there are more dicey encounters. Monaghan says he needed nearly 40 stitches in his arm for another animal run-in that will be revealed in later episodes.

Nevertheless, Monaghan says he and his crew are extremely careful. A medic travels with them and carries antivenom and other treatments, and they always know where the closest hospital is — although sometimes it can be a day away, Monaghan admits.

"We're as safe as we can be. In a show and a world that can sometimes be dangerous."

THE CANADIAN PRESS

When to watch

- Season 2 of Wild Things with Dominic Monaghan airs Tuesday on OLN.

2 SCENE

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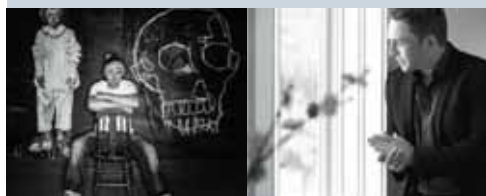
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Monday, March 24, 2014



David Bradley's Lord Frey in the infamous Red Wedding scene in Game of Thrones. CONTRIBUTED

David Bradley doesn't mind playing the villain

Nice day for a red wedding. Actor moves on from killing kings to vampires in new series

Even in Toronto, British actor David Bradley gets accosted for being the world's worst wedding host in Game of Thrones.

Bradley plays Lord Walder Frey in the HBO fantasy series. At the end of Season 3, he most infamously had his guests, members of the Stark clan, slain. The new season starts April 6.

"I was shooting a scene in the Toronto subway recently and one of the extras came up to me and said, 'I'd like to thank you for what you did to the Starks,'" says Bradley with a smile. "It's the first time I've had a positive reaction. Normally people are at their TV hurling abuse at me. But I must confess, I really did enjoy that scene. Maybe a little too much."

Quoted

"Normally people are at their TV hurling abuse at me. But I must confess, I really did enjoy that scene. Maybe a little too much."

David Bradley, who plays Lord Frey on Game of Thrones on filming the Red Wedding scene

The actor was in Toronto last week filming one of the most anticipated new TV shows of the season, Guillermo del Toro's *The Strain*. The vampire series is based on the books and comics created by the Mexican director.

In the series, Bradley plays professor Abraham Setrakian, a Holocaust survivor who runs a pawnshop in Harlem. He also happens to be a vampire hunter trying to save the world from the outbreak of a deadly virus.

"They just asked me if I could go to Canada in four days and I said yes. I'm a big fan of Guillermo," says Bradley, on set in an east-end Toronto studio.

It's a pretty physical role for Bradley, who was recently firing off nail guns at 3 a.m. in the cold Toronto winter.

"You do feel your age sometimes," he says. "But I've got heat pads in my shoes."

And while you would have thought from his Game of Thrones experience that he wouldn't have trouble decapitating foes, the 71-year-old actor says it's harder than it looks.

"It's quite a complicated process beheading someone. There's all that animatronics and so on," he says. "And the special effects are really something. You'll have a decapitated head with a blinking eye in a corner or something. It can be quite disconcerting."

Decapitating aside, after

the Red Wedding, it may be hard for fans to see how any vampire can match the evil of Lord Frey, even one created by del Toro.

"He is a pretty wicked guy, but there are some pretty horrible people here, too," promises Bradley.

Moreover, these vampires are not meant to be sexy teen heartthrobs.

"It's not like Twilight. They are dirty and rough; it's not romantic or glamorous at all."

Bradley, meanwhile, has enjoyed a late career renaissance, with recurring roles in major science fiction and fantasy franchises such as *Harry Potter*, as Hogwarts caretaker Argus Filch, *Game of Thrones* and now *The Strain*. He also portrayed the first Doctor Who in the BBC biopic *An Adventure in Space and Time* and co-starred in the critically acclaimed crime drama *Broadchurch*.

"It's kind of like what they say about the London buses. You wait for hours and then four of them come all at once," he laughs. "It's kind of been like that lately."

TORSTAR NEWS SERVICE

Upcoming

The *Strain* was filming the 10th of 13 episodes last week. It is expected to wrap by the end of April, with a release date later this summer.



George Michael ALL PHOTOS GETTY IMAGES

Straight talk from George: He's really not just holding out for the right woman

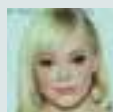
More than 15 years after coming out of the closet, George Michael admits that he had a particularly rough go of it following his revelation.

"For some strange reason, my gay life didn't get easier when I came out. Quite the opposite happened, really," he tells the BBC. "The press seemed to take some delight that I previously had a 'straight audience' and set about trying to destroy that. And I think some men were frustrated that their girlfriends wouldn't let go of the idea that George Michael just hadn't found the 'right girl.'"

They weren't alone, apparently, as the 50-year-old singer says "a lot of my extended family" still thinks he's holding out for the right woman.

Twitter

@rose-mcgowan



"I wish there was a drive thru salad bar" overheard awesomeness. LA nights

@lena-dunham



In my heart it's socially acceptable to politely ask "scuse me sir, is that your wife or your daughter?"

@Steve-MartinToGo



Temperature fluctuating wildly between 80 and 81 requires constant maintenance of ice cubes in tea. Tiresome.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Where does Gaga draw the line? At Katy comparisons



STARGAZING
Malene Arpe
scene@metronews.ca

Lady Gaga says she and Katy Perry "couldn't be more different." It's true. While they are both female superstar pop singers in their late 20s with a penchant for outrageous costumes, Gaga likes M&M's while Katy prefers Peanut M&M's.

Matthew McConaughey is reportedly not interested in repeating his role in the sequel to Magic Mike. Which proves the old trouser truth, "Get a fancy-pants Oscar, lose the chaps."

Jennifer Hudson quit her role as Weight Watchers ambassador. A job as high commissioner to the Exalted Republic of Nutrisystem suddenly became available.

According to Shakira, after she said in an interview that her boyfriend will not let her make music videos

with men, he said to her, "Can you please shut your little mouth next time you're doing interviews — because you're making me sound terrible." Stay where you are, Shakira. We're sending the deprogramming unit for you now.

Bachelor participant Clare Crawley thinks being discarded by Juan Pablo was "a blessing in disguise." Sure, if the disguise is made of clear plastic.

Scientists revive a bit of moss that had been buried under ice for 1,500 years, making it the oldest living plant in the world. "Damn you," says Larry King.

Having previously demanded that M.I.A. pay a \$1.5-million US fine for giving the finger at the Superbowl two years ago, the NFL now wants an additional \$15.1 million in restitution. In less insane news, MIT researchers conclude that Avril Lavigne is the most famous Canadian of all time.

Simon Cowell reportedly paid \$1.2 million for a jaguar. Seeing as we're talking about Simon Cowell, it's anyone's guess whether it's a car or a big, dangerous cat.



Selena Gomez

Taylor wishes Selena and Justin never ever got back together

Selena Gomez's reunion with Justin Bieber may have cost her a best friend, as Taylor Swift is reportedly drawing the line when it comes to the troubled Canadian pop star, according to Radar Online.

"Taylor may not have the best reputation with her dating life, but at least she doesn't keep going back to the same loser over and over again like Selena does," a source says.

"Taylor loves Selena and they get along super-well, but it's hard for her to watch her best friend keep going back to Justin when she knows it's the worst thing for her. She feels like maybe Selena needs tough love. She thinks Justin is disgusting and has basically told Selena she can't support their relationship and if she gets back with him their friendship will probably never be the same."

Darn that Internet! Even Pam is haunted by online sex videos



Pamela Anderson

Thanks to that pesky Internet, Pamela Anderson never got to have "the talk" with her teenage sons about her infamous sex tape with their dad, Tommy Lee. "I don't know if they've seen it, but they know about it," she tells Elle magazine about 17-year-old Brandon and 16-year-old Dylan. "They know about everything. Stupid Internet. I don't know why everyone is so impressed with it."

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Medical travel insurance. When just one slip can be costly, plan is only way to go



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

My daughter told me she might be going on a trip with a girlfriend, whom we'll call Lily. When Alex told Lily that she'd want to be back by a particular date, Lily asked why. Alex said that her travel medical plan wouldn't cover her for longer than a 60-day trip. Lily announced that she never travels with medical insurance coverage.

I sighed. A lot of people don't. They're under the impression that if something bad happens to them while they're gallivanting around the world, they'll be covered by Canada's very generous health coverage.

No one expects to fall ill when travelling, though it happens all the time. Most things are quickly resolved. The bigger things come with hefty price tags and that's when we hear the story in the news. There's the story of the man who suffered a fall in Michigan and racked up \$168,000 in medical bills. Or the couple who were in a car accident resulting in \$325,000 in medical costs.

So do you have an extra \$100K sitting around to take care of medical bills you might



Don't bury your head in the sand; buying travel medical insurance is the smart thing to do. ISTOCK

incur while travelling? Since provincial plans pay only a few hundred dollars a day for hospital coverage, you'd better. Or you could simply fork over some money for travel medical coverage. Would you rather spend \$60 to \$300 now (depending on the length of your coverage) or pony up hundreds of thousands of dollars later?

Even if you're heading to the U.S. for a day trip, insurance is a must-have. Your best bet if you cross the border frequently is to buy a plan that covers you for multiple trips. Coverage is usually provided for 12, 30 or 60 days with no limits on the number of trips in a 12-month period, so

they're perfect for cross-border shoppers, business travellers or people who leave Canada more than once a year. Planning to be on the road more than 60 days? Single-trip plans can cover you for up to 183 days, perfect for those with a home away from home.

Some credit cards provide travel medical coverage. If you're a frequent traveller, the annual credit card fee is offset by the savings in not having to buy travel insurance privately. Keep in mind there may be specific restrictions.

Some people have travel medical coverage through their group benefits at work. Know what you're entitled to

and whether you must put out the money and be reimbursed or can ask for direct billing to your insurance provider. And don't leave home without the telephone numbers and paperwork you will need if you do end up seeking medical treatment.

Even if you're leaving one province in Canada to travel to another, you should consider medical travel insurance. A victim of a polar bear attack got stuck with a \$13,000 bill for an air ambulance to Winnipeg because she didn't have out-of-province coverage.

As for people who choose to visit you in Canada from another country, they aren't

Shopping for coverage

Make sure when you buy your insurance that you correctly answer all those questions you're asked. Screw up even a little and you could find your claim denied. Here are some questions you might want to ask as you shop for coverage:

- How long does the coverage last? If the trip is extended, can you extend the coverage?
- Are there restrictions or limitations on the policy? (Think limitations due to substance abuse or restrictions on activities like sports.)
- Are pre-existing conditions covered?
- What is your maximum coverage and what are the deductibles or copayments that would apply to a claim?
- Are certain countries/locations not covered?

covered under our medical system. You'd best ensure you've got coverage for visitors in place if they are among the many who choose to travel without buying their own travel medical insurance.

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METRO CUSTOM PUBLISHING

Tax

Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

What can I claim for our new baby, and can I claim my spouse as a dependant?

Q

I had a baby this year. What can we claim?

A

Congratulations. You should receive \$100 per month from the Universal Child Care Benefit. This is income and must be reported by the lower-income spouse. You can claim the child amount for the entire year no matter when your baby was born which means \$338 in tax savings. Childcare expenses are the other big benefit for parents, although you might not need daycare yet. To keep receiving the monthly Canada Child Tax Benefit, you and your spouse must both file a return. The benefit is calculated based on the most recent tax year. Fail to file and the cheques will stop.

Q

My spouse did not work in 2013. Can I claim him as a dependant?

A

Yes, you can claim the \$11,038 spousal amount if he had no income for the year. If your spouse earned some income last year, you need to deduct this amount from the spousal credit. For example, if your spouse earned \$3,500, you would be able to claim \$7,538 (\$11,038 - \$3,500) for the spousal credit. Even though your spouse had no income, he or she should still file a return to make sure you still keep getting all your benefits.

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Ingredients

Meatballs

- 1 lb extra lean ground beef
- 1/4 cup seasoned dry bread crumbs
- 1/4 cup finely chopped green onions
- 1/4 cup barbecue sauce
- 1 egg
- 2 tsp finely chopped garlic
- 1 tsp dried basil
- 3/4 cup part-skim mozzarella cheese cut into 12 small cubes

Sauce and Pasta

- 3 cups tomato sauce
- 1/2 lb whole wheat spaghetti noodles

Garnish

- 1/4 cup grated Parmesan
- 3 tbsp chopped fresh basil



**COOKING
TIME
20 MINUTES**

This recipe serves four. ROSE REISMAN

Directions

1. Preheat oven to 425 F. Line a baking sheet with foil lightly coated with cooking spray.

2. Meatballs: Combine ground beef, bread crumbs, green

onions, barbecue sauce, egg, garlic and basil. Form into 12 round meatballs. Press a cube of cheese in middle and seal. Place on baking sheet and bake 12 minutes, turning halfway through the cooking time.

3. Place tomato sauce in saucepan and add cooked meatballs. Bring to boil over medium-high heat, reduce heat and simmer, covered, for 5 minutes, stirring.

4. Meanwhile, bring pot of

water to boil. Add spaghetti and cook according to package directions. Drain and serve with meatballs and sauce spooned over spaghetti. Garnish with Parmesan and basil. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS)**

Everyone loves the classic spaghetti and meatballs. But traditionally, this is not the healthiest meal you can enjoy. Usually a larger-than-necessary portion of pasta is served and fatty beef makes up the meatballs.

Here's a twist using mozzarella-stuffed meatballs, lower-

fat ground beef and whole wheat spaghetti.

When buying ground beef, there is a large difference between extra-lean and regular. A four-ounce portion of extra-lean has 193 calories and seven grams of fat versus the regular ground, which has 300 calories and 20 grams of fat.



This recipe serves four. ROSE REISMAN

The secret is in the tomatoes

If you love the influence of Italian or Mediterranean cuisine, this Layered Tomato, Pesto and Buffalo Mozzarella Cheese Salad will fit the bill.

Ripe tomatoes, pesto and creamy Buffalo mozzarella cheese make this a delicious appetizer, salad or perfect vegetable dish to suit any Italian entrée. I also eat this creamy, mouth-watering salad as an entire meal.

The key is to buy ripe tomatoes. You can also use plum or vine tomatoes instead of the field ones.

Buffalo mozzarella is the finest tasting cheese you can eat. It's made from the milk of water buffalos and comes packed in water. If you're not using it all, then keep the rest in water. It is high in protein and calcium.

If you can't find it, you can also substitute with Bocconcini cheese.

1. On a serving plate, place one slice tomato and spread a little pesto over top. Lay a piece of cheese halfway down and repeat with remaining to-

matoes and cheese.

2. Garnish with basil leaves.

ROSE REISMAN

Ingredients

- 1 large field ripe tomato sliced into 8 - (1/4") slices
- 1/4 cup store-bought pesto or homemade
- 3 oz Buffalo mozzarella or Bocconcini cheese sliced into 8 small rounds
- Fresh basil leaves as garnish

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Workers are defined by more than their abilities — they're also defined by their appetites.
Here's what your workweek lunches say about your professional personality.

ELENI DEACON
life@metronews.ca

The same-thing-every-day guy

Variety is overrated. You know what you like, and that's what you want. Even if that means ham-on-white five times a week. You're the office rock. Filing systems may get overhauled and printers may break down, but you remain a stable paperweight in a flurry of clerical chaos. While colleagues vie for the flashiest presentations and the loudest water-cooler anecdotes, you choose diligence over drama, staying far away from workplace politics. If we are what we eat, you're tried-and-true.

Tip: Small changes could freshen up your routine. Try cutting your sandwich on the diagonal!



You lunch most like Kevin from *The Office*. ALL PHOTOS CONTRIBUTED

5 breeds of office bread-breaker

The resident health authority

Probiotics, macrobiotics, antioxidants, chia seeds. Whatever those things are, they're in your biodegradable brown bag. Who needs fluorescent bulbs when your skin is lighting up the cubicle? Your office mates might be a little baffled by your kale-and-spelt lifestyle, but they're also inspired. This time of year, most paper-pushers are getting Gollum-y: pale skin, hunched backs, serious vitamin D deprivation. But your clear-as-Evian pores beam rays of hope.

Tip: Cheat when it's polite. If Janis brings cupcakes for your birthday, eat one.



You lunch most like Chris Traeger from *Parks and Recreation*.

The super-prepared Tupperware obsessive

Your lunch is prepped and packed by 8 p.m. the night before. You own specially designed containers for each element of your meal — and you never lose the lids. There's a reason your lunch is more organized than most of your co-workers' desks: around your office, you're the most on-the-ball person, period. Becky spilled coffee on her blouse? You're right there with a Tide-to-Go stick. IT guy hemorrhaging from a paper cut? You've got Band-Aids in three different sizes. Freak toaster incident about to burn the whole building down? You memorized the fire evacuation plan your first day on the job.



You lunch most like Shoshanna from *Girls*.

Tip: Label everything. Thieves want your Thermos.

The party luncher

For you, "lunch meeting" has a broad definition. Mostly it means sneaking to the corner pub for an hour — or two. Every office needs a social glue person, and that's you. And while your role doesn't directly impact the bottom line, you still provide an essential workplace function: propping up morale. You're the one who boosts the mood so that everyone else can crush their to-do lists.

Tip: Go big or go home. But don't go too big or you might get sent home forever.



You lunch most like Roger Sterling from *Mad Men*.

The on-the-go stealth eater

No one has ever actually seen you eat lunch. Rumour has it you scarf down Clif bars between meetings. You've got priorities, and walking to the nearest pizza place for a slice of cheese on cardboard is not one of them. Hands down, you're the person putting their head down the most at your workplace. Maybe one day you'll be CEO, and someone else can pick up your Domino's for you.

Tip: No one has to witness it, but make sure you do eat.



You lunch most like Frank Underwood from *House of Cards*, in his early career days.

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The world takes a walk in his shoes

Captain of canvas. The Toms brand continues to expand with Blake Mycoskie at the helm

ANDREA
PARK

Metro World News

Just seven years ago, Blake Mycoskie was selling Toms shoes out of his apartment. "It seems like forever to me," he cracks. But since then, the canvas shoes have become ubiquitous, and Toms has turned into a global brand not just for shoes, but also for eyewear. Now, Mycoskie has launched Toms coffee.

The company is known for its one-for-one concept: Buy one pair of shoes and Toms will give a pair to a person in need. Toms coffee will also have a charitable bent: Every bag of beans gets someone one week (140 litres) of clean water in Guatemala, Honduras, Malawi, Peru and Rwanda — the same countries that house the coffee plantations.

Mycoskie hopes to turn the coffee trade upside down and have Toms coffee shops all over the U.S.; he's already opened one in Los Angeles and plans to roll out more around the country later this year, including in New York City this summer. But he also aims to launch a new product every year, hoping to become, as he puts it, the Richard Branson of socially responsible products.

Mycoskie, 37, gave us his top tips for young entrepreneurs hoping to break out with the next big startup.

Keep it simple

Mycoskie says it's important not to be in a rush: Don't



"The idea that businesses have a greater responsibility to the community and human rights and the environment is much more talked about today than when I was doing this seven years ago," says Toms founder Blake Mycoskie. CONTRIBUTED

Little money? No problem

"It takes time to raise money or prove your concept and generate revenue and profits. It's not for the faint of heart."

Blake Mycoskie

be so overly ambitious that you miss the big picture. "Don't be afraid to be small for as long as you need to be small," he says. "When you're doing a startup, so many of them have this pressure where they feel the need to be so big and have so much revenue and raise money so fast."

Instead, Mycoskie says, young entrepreneurs should hold their horses and let their businesses blossom. "There's a gestation period during which it needs to organically come into the mar-

ket," he explains.

He says his initial goal was just to sell 250 pairs of Toms shoes every six months: "We ended up doing a lot more than that, but had we set out with a big, ambitious goal, I don't know if we'd have the success that we had."

Don't choose entrepreneurship as a career

Mycoskie says it's a big mistake to get caught up on the idea of entrepreneurship as a career. "If you're at university saying, 'I'm going to be an entrepreneur,' and you don't know what you're going to start — that's scary," he says.

"Find your passion about changing or doing something where the only way you can do that is to start a business." Have a clear purpose in mind before you venture out into the scary world of startups.

Get ready to be poor

If you want to forgo the big corporate job to start your own business, get ready for a big drop in salary. "It takes time to raise money or prove your concept and generate revenue and profits," says Mycoskie. "It's not for the faint of heart." Case in point: Toms lost money for the first three years after it

opened. Mycoskie was the one who got hit the hardest by the loss because he was the only financial backer.

Be socially responsible

Mycoskie says the Toms concept of one-for-one wasn't just good for the beneficiaries — it was good for business. "The more I focused on our meaning and purpose,

the more I found our customers connected with it, my employees were more engaged, and our vendors wanted to work with us because they were excited about our idea," he says. He says it may be more difficult to make a quick buck, but ultimately customers care about the way you operate your business.



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HOPE IN ACTION

Hopefully you got plenty of rest last weekend, Winnipeg — Juno Week kicks off Monday and it's going to be the type of party that won't stop for things like 'sleep' or 'work.' And it's not just the more than 40 live music acts scheduled every night at venues across the city for JunoFest that'll keep you up — from Junior Junos for kids to the chance to take in the works of art that inspire Juno nominees, the daylight hours are shaping up to be just as busy as the nights.

SHANE GIBSON/METRO
winnipeg@metronews.ca



Randy Bachman

Randy Bachman will play some of his hit songs and lead a discussion among a handful of the country's best songwriters at the Juno Songwriter's Circle at the Burton Cummings Theatre Sunday.



Tegan and Sara

Indie rock duo Tegan and Sara are among the Juno nominees who will be meeting fans at Juno Fan Fare at St. Vital Centre Saturday afternoon.



Jim Cuddy

Blue Rodeo's Jim Cuddy is captain of a hockey team made up of musicians set to take on a team of former NHLers Friday night for the annual Juno Cup game.

The sound of science

The Manitoba Museum is getting into the Juno spirit with an exhibit at the Explore Science Zone in the museum's Science Gallery offering a series of activities that explore the science behind music and instruments.

Activities with names like Buzzin' Bones, Straw Oboe, and Surfing on a Sound Wave aim to look at the scientific principles of vibrations and waves that govern music and instruments.

The activities are all free with admission and run until June 15.

9

things to do for Juno Week

Juno-inspiring art

Ever wonder what sort of art inspires musicians? An exhibit running at the Winnipeg Art Gallery starting Monday is giving Juno-nominated musicians the chance to answer that question.

The Juno Tour of Canadian Art asked Dean Brody, Fred Penner, Monster Truck, Royal Canoe and John K. Samson to pick works that serve as personal or artistic inspiration. Their video-recorded responses to the work will be displayed next to their chosen pieces at the WAG for the unique exhibit.

The exhibit runs until June 1 and is free with admission.

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Juno photography

More than 40 years of Canadian music and Juno Awards photos will be on display at the Juno Photography Exhibition at Gurevich Fine Art in the Exchange District.

The collection runs throughout Juno Week and features never-before-seen photos taken by Canada's foremost rock 'n' roll photographers.

Red carpet for kids

Pint-sized music fans (and their parents) won't want to miss the Junior Junos held at the Children's Museum Saturday morning. Children's album of the year nominees Charlie Hope, Gary Rasberry, Helen Austin, Marie-Claude and Splash'N Boots will play live between 9:30 a.m. and noon, before exhibits open and attendees get the chance to build their own instruments. Tickets are \$15 in advance or \$18 at the door.

Juno Songwriters' Circle

On Sunday, just hours before the Juno Awards Broadcast starts, a handful of Canada's most talented singer-songwriters will share their stories on stage at the Burton Cummings Theatre.

Randy Bachman will play some of his songs and lead a discussion among songwriters.

Juno Cup

The age-old battle between band kids and jocks leaves the hallways of high school and comes to the MTS Iceplex Friday night.

This year's edition of the Juno Cup sees rockers including Del Barber, Jim Cuddy and JP Hoe take to the ice against former NHL stars like Mike Keane, Perry Miller and Thomas Steen.

James Ehnes: The Meryl Streep of the Junos?

An honour just to be nominated. The star violinist from Brandon has been nominated a whopping 20 times

Classical violinist James Ehnes may be living large in Florida, but he credits his Brandon, Man., roots for his love of music and technical expertise.

"There was an amazing violin teacher, who has since passed away, by the name of Francis Chaplin (at the University of Brandon). I feel very lucky to have been born in the place where he had been teaching and living."



James Ehnes tours the world, often with his Ehnes Quartet. HANDOUT

Ehnes, 37, is nominated for two Juno Awards for two different albums. The first, clas-

Wins

7

James Ehnes is no stranger to Juno nominations or wins. He's been nominated 20 times since 1997 and won seven.

sical album of the year (large ensemble or soloist(s) with large ensemble accompaniment) is for Britten & Shostakovich: Violin Concerti.

The second nomination is for classical album of the year: solo or chamber ensemble for Prokofiev Complete Works for Violin.

Ehnes said the Prokofiev works is something he's wanted to do for a long time.

ELISHA DACEY/METRO



Little Miss Higgins and the Winnipeg Five. KILLBEATMUSIC/HANDOUT

Trip to Bison Ranch sparks renaissance for Miss Higgins

Winnipeg singer.

Recording in a restored barn in rural Manitoba led to roots & traditional album of the year nomination

Little Miss Multitalented

4

Like all her past four albums, Jolene Higgins did the original artwork and design for Bison Ranch Recording Sessions.

Little Miss Higgins' latest was born in a barn.

Winnipeg songstress Jolene Higgins said Bison

local musicians, including Jimmie James McKee on trumpet, Eric Lemoine on banjo and pedal steel, Blake Thomson on guitar, Patrick Alexandre Leclerc on upright bass, and Evan Friesen on drums. She gathered them in a restored barn on Renaissance Bison Ranch in rural Manitoba in April and out came a roots & traditional album of the year (group) nominee.

ELISHA DACEY/METRO

Ranch Recording Sessions was done a little differently than her last Juno-nominated album, Junction City.

Higgins gathered five

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Swiss prove Homan is human after all

Canada's Lisa Weagle, skip Rachel Homan and Alison Kreviazuk, front left to right, move a rock in the house as Switzerland's Irene Schori, back left, and skip Binia Feltscher look on in the gold-medal game at the Ford World Women's Curling Championship on Sunday in Saint John, N.B. Homan's Ottawa rink won silver, losing 9-5 to Switzerland. ANDREW VAUGHAN/THE CANADIAN PRESS

Wiggins' hoop hardships begin

NCAA basketball.

Canadian guard accepts blame for loss after passive four-point game against Stanford

Next stop for Andrew Wiggins, the NBA draft lottery.

The Kansas freshman, sensational all season, would just as soon forget what looks to be his college swan song.

"I could have done a lot better, I didn't give my team what they needed," Wiggins said after scoring just four points with four turnovers in the second-seeded Jayhawks' 60-57 loss to No. 10 seed Stanford on Sunday in the third round of the South Regional.

Just a little more from Wiggins, who had averaged 28 points the previous four games, might have been enough to



Stanford's Josh Huestis, right, contests a shot from Andrew Wiggins of Kansas on Sunday in St. Louis. THE ASSOCIATED PRESS

send Kansas to the round of 16. He didn't get involved at all, hitting just one of six shots.

"I let a lot of people down," Wiggins said. "If I would have

Forlorn freshman

"I blame myself for this."

Kansas freshman Andrew Wiggins

played better, we wouldn't be in this situation, you know?

"I blame myself for this."

Jayhawks coach Bill Self expects Kansas to be back in this position soon, just not with Wiggins.

"You know, this isn't the worst thing that's going to happen to him in his life," Self said. "If it is, he's had a charmed life, there's no question about that."

"I'm sad for our team and I'm sad for him that it wasn't our day or his day today."

Stanford's front line might have thrown off Wiggins, who again didn't have seven-foot centre Joel Embiid with him because of a stress fracture in

Wildcats win wild one

- Andrew Harrison scored 20 points, twin brother Aaron had 19 and Kentucky ended Wichita State's pursuit of perfection with a 78-76 win.

- DeAndre Kane drove for the game-winning layup with 1.6 seconds left and No. 3 seed Iowa State beat North Carolina 85-83, advancing to the Sweet 16 for the first time since 2000.

his back.

Dwight Powell had 15 points and seven rebounds for Stanford, who will play 11th-seeded Dayton, which beat No. 3 Syracuse 55-53, in the round of 16.

THE ASSOCIATED PRESS

Golf

Every builds himself a win after Scott's collapse

Matt Every always believed he would finally win on the PGA Tour. He couldn't have imagined it happening Sunday at Bay Hill.

Nine shots out of the lead going into the weekend, still four shots behind Adam Scott going into the final round, Every took advantage of a surprising collapse by the Masters champion and held on to the very end for a 2-under 70 to win the Arnold Palmer Invitational.

THE ASSOCIATED PRESS

MLB

Tigers shelve Scherzer negotiations till end of season

Max Scherzer and the Detroit Tigers failed to reach an agreement on a long-term contract and will not negotiate again until after the season.

The Tigers said in a statement that Scherzer rejected their most recent offer. The 2013 Cy Young Award winner struck out 240 batters in 214 1/3 innings last season, and went 21-3 with a 2.90 ERA.

THE ASSOCIATED PRESS

MLB

Dodgers double down on D-Backs

Yasiel Puig had three hits and two RBIs to back a scoreless outing by Hyun-Jin Ryu, and the Los Angeles Dodgers made it 2 for 2 Down Under with a 7-5 victory over the Arizona Diamondbacks on Sunday in Sydney.

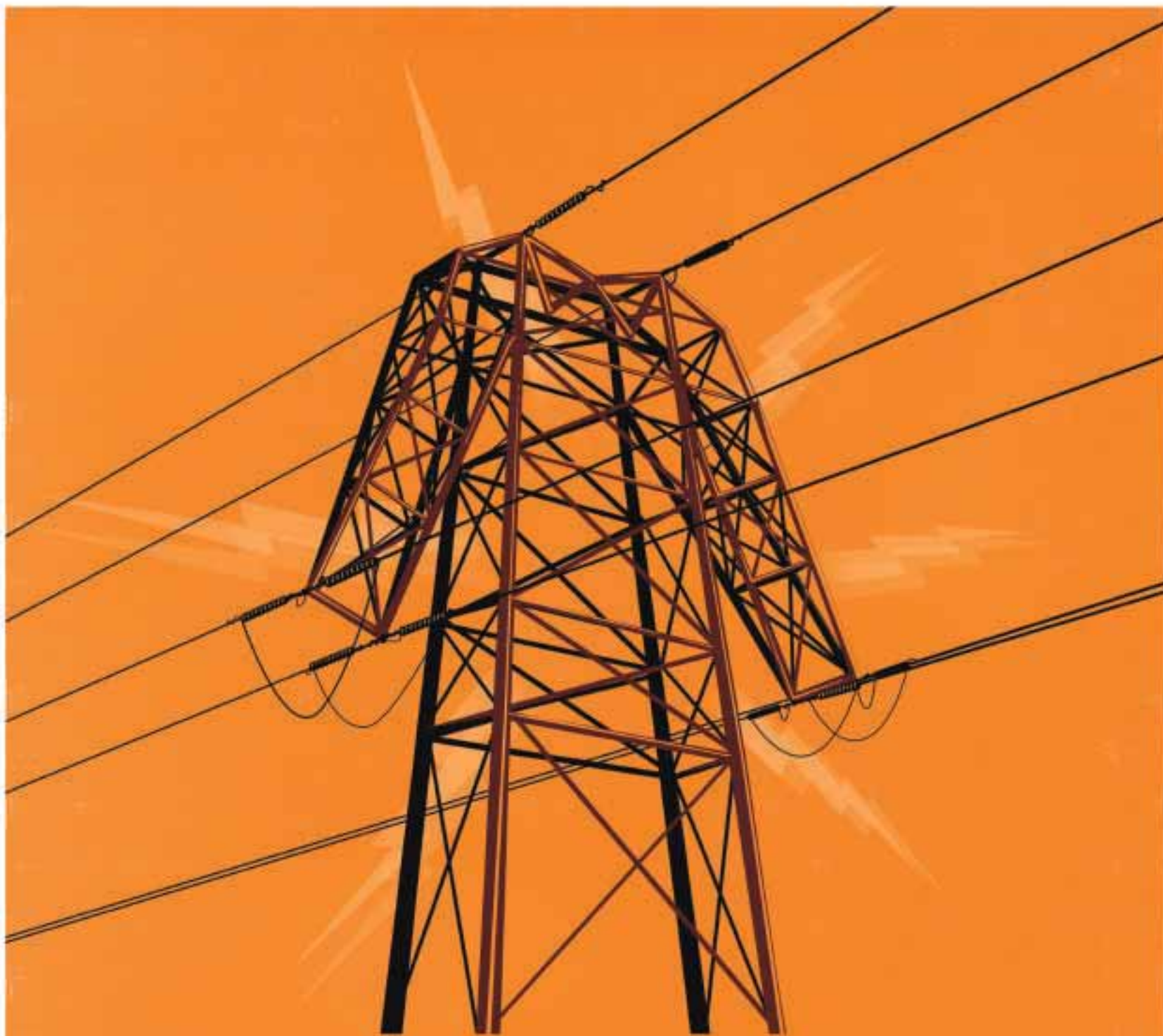
Dee Gordon and Juan Uribe also had three hits for the Dodgers.

After a 3-1 win behind ace Clayton Kershaw in the Major League Baseball season opener Saturday night, Los Angeles remained perfect at Sydney Cricket Ground with its second consecutive victory over its NL West rival in Australia.

THE ASSOCIATED PRESS



Yasiel Puig GETTY IMAGES



Sick of winter static? Get **bounce**

O-linemen guard their draft spots at combine

CFL. Lavertu, Foucault continue to impress coaches, scouts in Toronto ahead of draft

They came into the CFL combine as the top prospects and Pierre Lavertu and David Foucault didn't do anything Sunday to diminish that standing.

The two offensive linemen capped the weekend in Toronto with solid performances in the 1-on-1 drills, although Foucault, who was battling the flu, also showed he was human. The six-foot-eight, 300-pound tackle was knocked on his backside in a 1-on-1 matchup with Western defensive end Dylan Ainsworth, who gave up six inches and 75 pounds on the Montreal Carabins offensive lineman.

"He did the bullrush and kicked my ass," Foucault said with a chuckle. "I was too high in my stance and he took advantage of my weakness."

"It was a good experience here to see all the best guys in Canada as well as the CFL teams. It was a good weekend."

Lavertu, a six-foot-three, 300-pound lineman from Laval, and Foucault finished the season ranked second and third, respectively, on the CFL scouting bureau's top-15 prospects for this year's draft. McGill

Other standouts

- Manitoba's Evan Gill, the scouting bureau's top-ranked defensive lineman at No. 6, displayed impressive strength Sunday. However, not having been in pads since the end of the season took its toll on the six-foot-three 300-pound Winnipeg native. "It was tough knocking the rust off," he said.
- Laval defensive back Adam Thibault was a standout individually. Thibault, ranked No. 13 on the CFL's top-15 list, had the top 40-yard dash time of 4.454 seconds and also finished first in the left and right agility drills.

tackle Laurent Duvernay-Tardif, who ended up No. 1, didn't attend, as he'll hold his pro day in Montreal next week for both NFL and CFL officials.

That left the offensive line contingent with three of the remaining four top-ranked players — Simon Fraser's Matthias Goossen ended the year at No. 5. The other was fourth-ranked St. Francis receiver Devon Bailey.

Ottawa Redblacks scout Miles Gorrell, who played 19



Laval offensive lineman Pierre Lavertu impressed coaches at the 2014 CFL combine. LUCAS OLENIUK/TORSTAR NEWS SERVICE FILE

CFL seasons as an offensive lineman, gushed about the O-line talent at the combine.

"Their footwork and hand placement are very good, it's clear they're well coached," Gorrell said. "You see guys like Pierre Lavertu, David Foucault and Matthias Goossen stepping up to the plate and being able to prove to the coaches and

scouts they're ready to take the next step."

"But a kid like Jaskaran Dhillon of UBC really impressed me, this was his first year playing on the offensive line. I also thought Terry Hart from Mount Allison did a great job and I also liked Kyle Patterson of Regina and Aaron Wheaton from the U of T."

Gorrell also had words of encouragement for Foucault.

"I'll guarantee you every offensive lineman has had that day," he said. "You consider a defensive lineman has 12 sacks in 18 games and he's had a great year but that means the offensive line has stopped him 98 per cent of the time."

THE CANADIAN PRESS

NHL

Devils pounce on sagging Leafs

Rookie defenceman Jon Merrill set up a second-period breakaway goal by Patrik Elias and scored 32 seconds later to lead the New Jersey Devils to a much-needed 3-2 win over Toronto on Sunday night, sending the struggling Maple Leafs to their fifth straight loss.

Damien Brunner also scored and Cory Schneider had 21 saves as the Devils gave their slim playoff hopes a boost by winning for the second time in six games. THE ASSOCIATED PRESS

NHL

Canucks push toward playoff spot vs. Buffalo

Zack Kassian recorded four assists as the Vancouver Canucks rallied to beat the Buffalo Sabres 4-2 in NHL action Sunday night.

The Canucks (33-30-10) have now posted two consecutive wins for the first time since mid-January. Vancouver pulled within three points of eighth-place Phoenix, and one point of ninth-place Dallas in the race for the second wild-card playoff spot in the Western Conference.

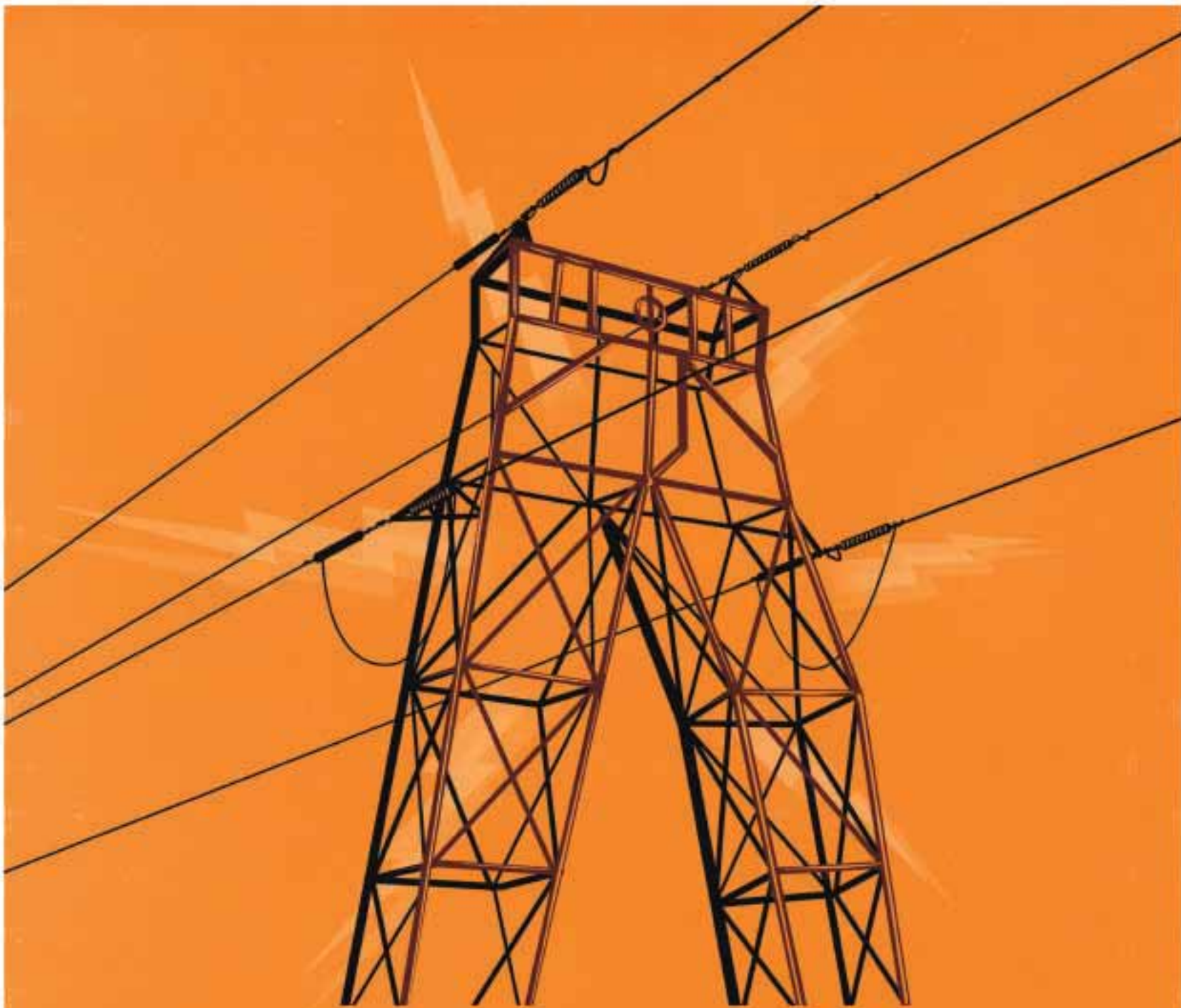
The Sabres (20-43-8), last in the NHL by a wide margin, suffered their eighth loss in the past 10 games as they squandered an early 2-0 lead. THE ASSOCIATED PRESS

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Sick of winter static? Get **bounce**

Horoscopes

Aries

March 21 - April 20

If you need assistance over the next few days, you must ask for it. There is nothing heroic about keeping your pain to yourself. Why suffer when friends and family are ready and willing to help you?

Taurus

April 21 - May 21

The omens are good now, so why do you think something bad is about to happen? Realize that if you think like that you increase the chances that it will happen that way.

Gemini

May 22 - June 21

Cosmic activity in the area of your chart that influences friendships means you must not stay at home. Get out and meet people. They certainly want to meet you.

Cancer

June 22 - July 23

You'll be able to twist people around your little finger today. Is it right to use your talents in this way? Of course it is. All is fair in love, war and getting ahead in your career.

Leo

July 24 - Aug. 23

Don't let anyone restrict your freedoms. You need to let those who would like to take away your right to think and speak for yourself that you are not having it, that you will fight them all the way. And you must mean it.

Virgo

Aug. 24 - Sept. 23

If you let fear get the better of you today, you could miss out on something that would have been a lot of fun — and might even have made you money. You have nothing to be anxious about, so take risks.

Libra

Sept. 24 - Oct. 23

Cosmic activity in your opposite sign of Aries is trying to warn that where your feelings are concerned, you could be easily misled. Others may try to manipulate you but don't make it easy for them.

Scorpio

Oct. 24 - Nov. 22

Don't be afraid to take risks on the work front this week. The planets indicate you need to be more adventurous where your methods and routines are concerned. Just be careful you don't overdo it.

Sagittarius

Nov. 23 - Dec. 21

You will see someone you thought of as a rival in a new light today. They are in fact one of the best friends you've got. Like all best friends, they may sometimes tell you things you don't want to hear.

Capricorn

Dec. 22 - Jan. 20

Creatively and romantically the sky is the limit this week and with travel plans well starred, be on the move. Don't let duties hold you back. You are entitled time for yourself.

Aquarius

Jan. 21 - Feb. 19

Let a friend who is feeling down know you are there for them. Your words could be all it takes to get them smiling. One small act of kindness could have a knock-on effect that transforms their life!

Pisces

Feb. 20 - March 20

You will most likely make small gains over the next few days, which are then cancelled out by a number of small losses. Overall you won't be out of pocket, so take the rough with the smooth. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. American flight watchdog org.
4. "The Voice" coach
9. "___ I may, I can't..."
14. Whethers
15. Lady Gaga's "The Edge of ___"
16. Hour: French
17. ___ up (Absorb)
18. Kitchener-born trailblazer of hockey analysis who is a Member of the Order of Canada: 2 wds.
20. Montreal-based carrier, Air ___
22. Tea type
23. Follower of 'Que' twice, in song
24. "The Graham ___ Show", on BBC Canada
27. Scot's 'No'
28. Paraguay/Brazil border river
30. Singer Clay
32. Anxieties
35. Pierre's 'here'
36. Apartment features, in ads [acronym]
40. Toronto's whereabouts: 2 wds.
43. Church part
44. Poke fun
45. Boulangerie offering
46. Artwork like the original, informally
48. Emerald
49. "Oy ___!"
52. Looked at



55. Li'l times
58. Food Network Canada show hosted by #19-Down, "Everyday ___"
60. Canadian filmmaker Ivan
62. 'Nova Scotia' is Latin for what?: 2 wds.
65. Fam. member

66. Goodie
67. France: Oise tributary
68. ___ boost
69. Old Roman roads
70. Breaks-not the rules
71. Putrefaction
- Down**
1. Scrapper's weapons

2. Previously, in ye olden days
3. Spring vegetable
4. Friends of 'eeewws'
5. "Show Your Teeth": Vancouver singer/songwriter, Jasper ___ Yip
6. ___ books (Do-it-yourselfer's fave

- reads)
7. "___ don't know." (Unsure reply)
8. Deli bread
9. Soulmate: 2 wds.
10. Fishing rod part
11. "Stairway": Vancouver band, ___ Blonde
12. Sporting facility

BY KELLY ANN BUCHANAN

13. Mr. Savard, Montreal-born hockey great
19. Roger ___ (Celebrity chef, a Judge on "Chopped Canada")
21. Cat-with-headphones-logo early music site
25. Sky surprise
26. Drummer Mr. Torres
29. Sports fig.
31. Least unkempt
32. Cool ___ cucumber
33. Alphabetic trio
34. 1973 Al Pacino movie
37. What Quebec's motto 'Je me souviens' means: 2 wds.
38. Optima car maker
39. Old French coin
41. Juste pour ___ (Montreal festival)
42. Identify
47. Forces from property
49. Twenty, in Rome
50. Strain
51. "That's awesome!"
53. Clear
54. Halifax-born musician Mr. Doherty (b.1940 - d.2007)
56. Ship's load
57. Snob
59. Bygone sovereign
61. Mid-month times
63. Universal ideal
64. Women's ___ ('70s movement)

Friday's Crossword

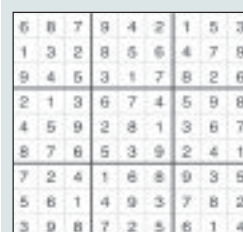


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -11°
MIN: -21°



MAX: -10°
MIN: -16°



MAX: -7°
MIN: -11°

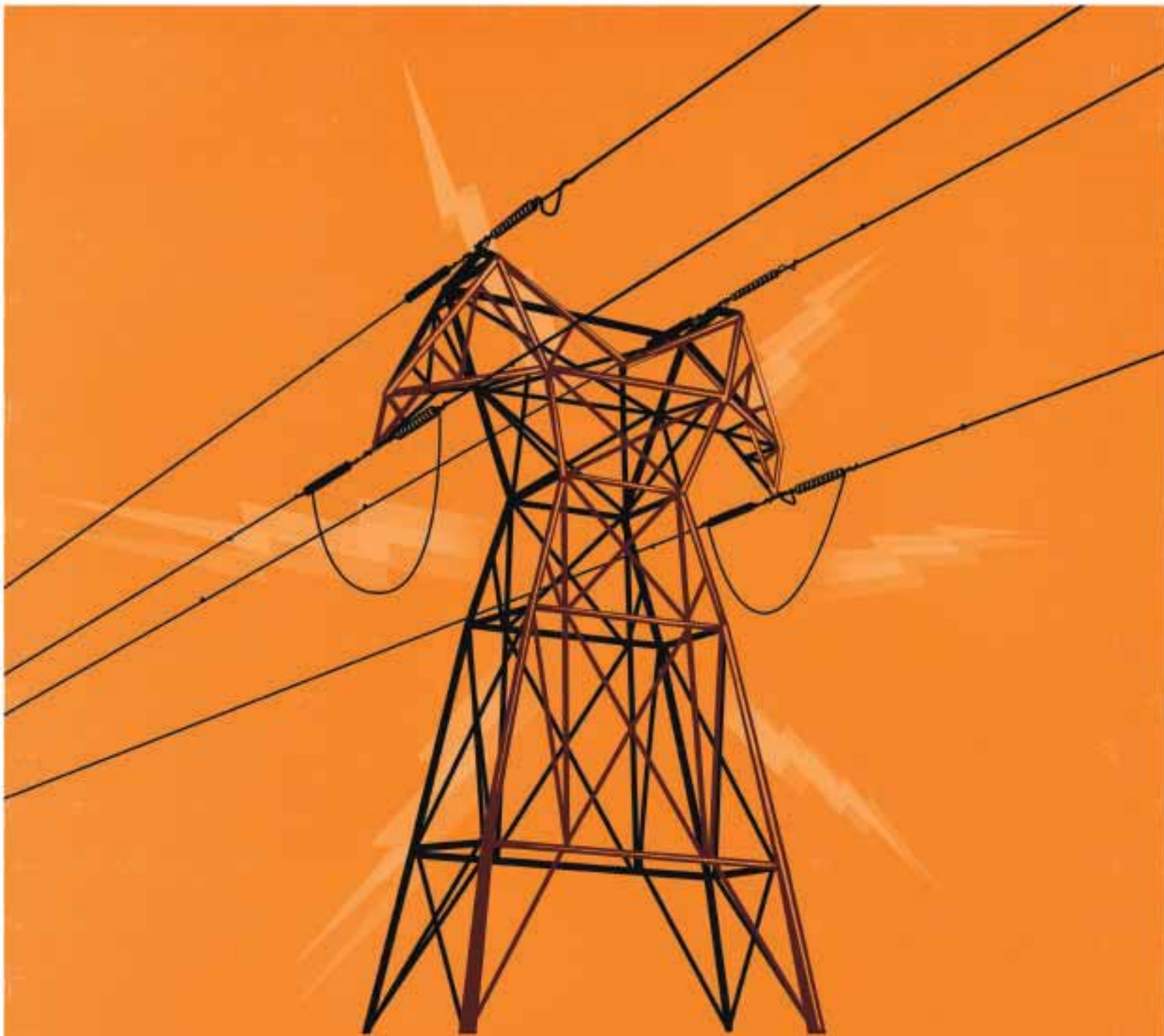


JENNA KHAN
WEATHER SPECIALIST

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14oz RIBEYE

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